



銘傳大學

MING CHUAN UNIVERSITY  
The First U.S.-Accredited University in Asia

學務處  
Student Affairs Division

銘傳大學台北校區111年度

「國家防災日」地震避難掩護演練

Ming Chuan University 2022  
National Disaster Prevention Day:  
Earthquake Drill on Taipei Campus



亞洲第一所美國認證大學

# 地震發生時，避難三步驟

1



**Drop**  
趴下

2



**Cover**  
掩護

3



**Hold on**  
穩住，抓住桌腳



銘傳大學

MING CHUAN UNIVERSITY  
The First U.S.-Accredited University in Asia

學 務 處  
Student Affairs Division

地震發生時，請立即就地避難掩護

Take cover immediately when an earthquake starts.



## 動作要領

1. 保護頭部及身體，避難的地點優先選擇桌子下、柱子旁或水泥牆壁邊。

### Earthquake Safety Tips:

1. Cover your head and neck (and your entire body if possible). Finding proper shelter such as taking cover under a table or getting down next to a rigid pillar or a cement wall is essential for minimizing injuries from earthquakes.



2. 躲在桌下時，應以雙手緊握住桌腳

2. Shelter under a table, and hold on to the table legs.



3. 避難掩護動作要確實，不可講話及驚叫。

3. Do not panic and follow the drill procedures properly.



銘傳大學

MING CHUAN UNIVERSITY  
The First U.S.-Accredited University in Asia

學務處  
Student Affairs Division

請接續於原教室收視防災宣導影片

Please watch the disaster prevention video in your classroom after the drill.



各班任課老師請協助完成「地震避難掩護演練紀錄表」填報。

Faculty members should complete the form of Earthquake Sheltering and Evacuation Drill.